

# Senior NCO orientation set for July 29-31

The 1997 senior non-commissioned officer orientation course is 7 a.m. - 4:30 p.m. July 29-31 in the RAF Lakenheath High School auditorium. All 1997 E-7 selectees or promotees who have not attended previous senior NCO orientation courses, and are assigned to United Kingdom locations are invited to attend. For more information, call MSgt. Robert Carrigan at Ext. 1465, or MSgt. Joe Schieda at 89-7206. Contact your unit first sergeant to sign up.

## Sports physicals

The 48th Medical Group pediatrics clinic is accepting appointments for sports physicals for children who may be playing sports or starting a new school. To make an appointment, call central appointments at Ext. 1847.

## Pass and registration

The pass and registration section will begin providing services by appointment only Aug. 1. To make a same-day appointment, call Ext. 5990 from 7:30-8:30 a.m. A limited walk-in service will be available from 1:30-4:30 p.m. Fridays. Identification cards requiring photographs will not be issued during this time.

## Tobacco cessation class

The next tobacco cessation class meets from 4:30-5:30 p.m. Wednesdays in the Health and Wellness Center conference room. Nicotine patches will be offered during the course. For more information, call Ext. 2710.

## Vacation Bible school

Vacation Bible school is offered to children 3 years old through sixth grade from 9 a.m. - noon July 28 - Aug. 1. This year's theme is "Sonrise Balloon Adventure, A

High Flying Adventure in Faith." Registration began Tuesday.

Volunteers are needed for teachers and assistants, Wee Joy helpers, and coordinators for registration, office, craft, photography and music. Childcare is provided for all volunteers. For more information, call Ext. 3711.

## Health, wellness center

The health and wellness center sponsors the following classes:

□ A back class with discussion on "How to stop the hurt," is from 10-11 a.m. Wednesday. For more information, call Ext. 5956.

□ A stress management course will meet from 1-3 p.m. Fridays beginning July 11.

□ A health workshop is 11:30 a.m. - 4:30 p.m. July 10 with a follow-up class July 31.

□ A new program called the Ultimate Circuit designed to help improve fitness together with building power, strength endurance and flexibility. Class size is limited to 30. The program is from 4-5 p.m. Mondays and Wednesdays.

□ The center also offers advice on health, exercise, physical and fitness issues, back classes, body fat and cholesterol testing and self-care information.

For more information, call Ext. 2710.

## Shakespeare tour dates

The Albion Shakespeare Company sponsors open-air productions of "As You Like It" and "The Tempest" at 7 p.m. at the following locations.

□ July 12 - 13 at Bickling Hall. For more information, call (01263) 731660.

□ Aug. 5 - 6 at Hatfield Forest. For more information, call (01223) 207257.

□ Aug. 9 - 10 at Dunwhich Heath. For more information, call (01263) 731660.

□ Aug. 14 at Peckover House. For more

information, call (01263) 731660. Note: only "As You Like It" will be played here.

□ Aug. 16 - 17 at Felbrigg Hall. For more information, call (01263) 838297.

□ Aug. 30 - 31 at Anglesey Abbey. For more information, call (01223) 811200.

Tickets are £8.50 or £7 in advance. Children under 12 are free.

## Red Cross

The American Red Cross is seeking an after-hours worker. The duties are to provide emergency communications, casework and financial services, maintain records and provide information and referral services. Submit resumes by July 16 to the American Red Cross, Unit 5270, Box 410, APO AE 09464. For more information, call Ext. 2271.

□ The American Red Cross offers monthly CPR and first-aid classes.

□ A disaster services class is from July 25-29.

□ Adult volunteers are needed to assist faculty and staff at Lakenheath High School.

□ There are vacancies for emergency message casework volunteers. No experience is necessary and training is provided.

□ For more information, call Ext. 1855.

## Sports day, picnic

The 48th Medical Group's annual sports day and picnic is July 25. Only emergency medical care is provided that day. For more information, call Ext. 3227.

## Central Texas College

The term five schedule is available at Central Texas College. Courses offered include: curriculum resources, the child with special needs, first responder, emergency medical center seminar and more. For more information, call Karla Akin at Ext. 3177.

## Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or e-mail [chris.lawson@lakenheath.af.mil](mailto:chris.lawson@lakenheath.af.mil). All classes are held in the family support center unless otherwise noted.

### Resume workshop

A resume-writing workshop is 1-5 p.m. Wednesday in the small classroom. The class helps military members and their spouses transition to the civilian world by learn-

ing how to plan, write and present effective resumes.

### PCSing with your pet

A PCSing with your pet seminar is 7-8 p.m. Wednesday. Find the easiest way to plan pet moves. Information includes scheduling flights and how to prepare for pet's comfort and well-being.

### PCS with ease

A PCS with ease seminar is 1-3 p.m. July 10. The class pro-

vides people with current information to ease moves.

### Youth life

A youth life group, ages 9-10, meets from 4:30-5:30 p.m. July 10 at the youth center. The group promotes development and coping skills among preteens. Topics include self esteem, friendships, dating and more.

### Working in the UK

An employment speakers series about working in the United Kingdom is 11 a.m. - 1 p.m. July 11 in the conference room. The series features local career, em-

ployment and recruitment specialists.

### Volunteer orientation

A volunteer orientation seminar is 10:30 a.m. - noon Tuesday in the small classroom. Learn about volunteer professionalism, child care and more.

### Hearts Apart

The Hearts Apart support group meets July 11 from 10 a.m. - noon at the base chapel. The meeting provides spouses of deployed members with a place to meet for support and information.